Ultimate Health and Rehab – Athlete Coaching Information

I (Dr. Reed) am committed to helping you reach both physical health goals and athletic performance goals. My running/triathlon coaching is primarily based on your goals, abilities, and life. It is my goal as your coach to help you as much as possible to dream big and accomplish things you never thought you could do.

Services included in your monthly coaching are:

* An initial consultation to discuss your running goals, abilities, and life as it pertains to your current, past, and future training. This is the opportunity for us to sit down and gather as much information as possible to help me better establish your training plans to include realistic yet challenging goals.
* Fully customized training plans produced on a calendar month basis. This allows for modifications to the training cycle as you improve or if life circumstances dictate it.
* Training Peaks App communication to deal with any training related issues/questions.
* Strategic pre-race discussion as needed including nutrition discussions.

You’re commitment includes:

* Uploading your training data to the Training Peaks App using Strava, Garmin Connect, or Sunto platforms synced to the application to give adequate detailed training results so Dr. Reed can keep up with your progress. Please include any details you’d like about the day’s workouts such as how you felt during and how you’re feeling after. (**Preferred method of communication).**
  + OR
* Emailing me (Dr. Reed – [ultimatehealthandrehab@gmail.com](mailto:ultimatehealthandrehab@gmail.com)) weekly or biweekly progress to include specifically information about workouts. This would include details such as how you felt during the workouts, times ran for the repeats/workouts, and updates in general about how you have been feeling on daily training runs.
  + This information is vital to the success of you reaching your goals as the feedback allows for better modification and customization of workouts and overall training programs.
* Always notifying Dr. Reed if you have something that seems to be causing you pain outside normal training/muscle soreness so he can quickly give advice as to how to proceed. This gives the best opportunity to limit injuries.
* I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, understand that training programs are made specifically for me and shall not be shared with others without consent from Dr. Reed. Initials\_\_\_\_
* Training/Racing, doing your best, and having fun along the way!
* I give Dr. Reed permission to post post-race congratulatory statements on the Ultimate Health and Rehab Facebook page which could include pictures and tagging you in the post. Initials \_\_\_\_

The Cost

* $50(running only), $60(triathlon) per month with a minimum 4 month up-front commitment.
  + Payment is accepted as cash, check, or square cash transfers only for coaching and should be paid at the initial consultation.
  + Monthly Payments (after the initial 4 month period) can be either mailed to or dropped off during regular office hours which are detailed on Ultimate Health and Rehab’s website.
    - Make checks payable to Ultimate Health and Rehab
    - Office address : Ultimate Health and Rehab

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